



HEALTH SCORE

100%

White Beans with Sage and Olive Oil



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound great northern beans dried
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 6 servings olive oil
- ☐ 6 cups water cold

Equipment

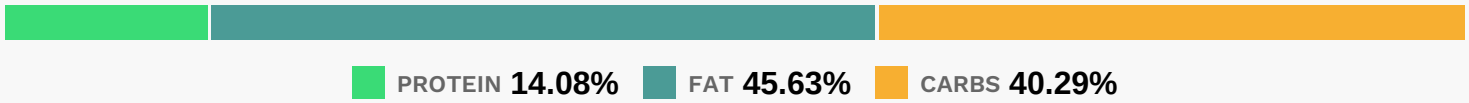
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Place beans in large saucepan.
- ☐ Add enough cold water to cover by 3 inches and let soak overnight.
- ☐ Drain beans and return to pan.
- ☐ Add 6 cups cold water, 1/4 cup oil, chopped sage and garlic. Bring to boil. Reduce heat to medium-low. Cover partially; simmer until beans are just tender, stirring occasionally, about 45 minutes. Season with salt and pepper. (Can be made 1 day ahead. Cool. Cover and keep chilled. Rewarm before continuing.)
- ☐ Using slotted spoon, transfer beans to bowl. Top with more oil.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:26.254782386448%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 462.53kcal (23.13%), Fat: 23.94g (36.83%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 47.57g (15.86%), Net Carbohydrates: 32.18g (11.7%), Sugar: 1.71g (1.9%), Cholesterol: 0mg (0%), Sodium: 23.03mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Copper: 5.22mg (260.95%), Folate: 364.4µg (91.1%), Manganese: 1.23mg (61.67%), Fiber: 15.39g (61.56%), Magnesium: 147.92mg (36.98%), Phosphorus: 339.25mg (33.92%), Vitamin B1: 0.5mg (33.27%), Potassium: 1057.18mg (30.21%), Iron: 4.44mg (24.67%), Vitamin E: 3.48mg (23.19%), Vitamin K: 18.39µg (17.51%), Vitamin B6: 0.34mg (17.21%), Calcium: 150.36mg (15.04%), Selenium: 9.82µg (14.03%), Zinc: 1.8mg (12.03%), Vitamin B2: 0.18mg (10.68%), Vitamin B5: 0.83mg (8.33%), Vitamin B3: 1.48mg (7.41%), Vitamin C: 4.16mg (5.05%)